

8 Spiritual things you can do before going to sleep

June 19, 2016 by [amit](#)



people who are on spiritual path never take their sleep lightly. because the quality of your sleep matters. if you have a deep restful sleep then only you will have enough energy for next day. if you have not slept properly then next day you will be half asleep and low in energy.

the quality of your dreams can tell you many things about your life. we often travel on many planes while sleeping. so connecting with your soul or remembering god or your guru helps in transforming your sleep and also protects you from psychic attacks while sleeping.

if you are on spiritual path then never ignore your sleeping time. because your sadhana can go more deep while you are sleeping. for that you have to practice your mantra or meditation or sadhana just before going to sleep. whatsoever you do, just make sure that your sleep is deep and peaceful.

8 spiritual things you can do before going to sleep:

1. **meditation** – its the best way to end your day. as meditation will help your mind to relax and you will have a deep sleep. whenever you meditate before going to sleep then the quality of sleep also changes for better. because the impact of meditation goes in your sleep also. the quality of your dreaming will be different than on other days. give meditation a try before sleeping and notice the difference how your sleep has become deeper, silent and more restful.
2. **prayer** – it is the best way to thank god for whatsoever good he has given to us. you can pray for the well being of your loved ones as well for the world which is going through a difficult phase. whatever energy you send to world comes back to you also. so be selfless and generous while praying. pray to god for love, light, wisdom, healing and peace.
3. **chanting the mantra** – many people practice mantra chanting. if you are one of them then do practice it before going to sleep. Om chanting is also good and helps in relaxing.
4. **relaxing the body** – relaxing your whole body before going to sleep helps a lot. to relax your body, start with paying attention at your toes. relax it consciously. if you find any tension in the toes then consciously relax it. after relaxing your toes, now slowly move your attention to feet and slowly relax it. let go of any tension. next move your attention to legs and relax it. this way keep on moving up, till you reach to head and relax it. this way relax each part of your body. relaxing your breathing and slowing it down also helps a lot.
5. **listening to soothing or spiritual music** – it will help your mind to relax and lighten up. avoid listening to any music which excites you. try to let go of your problems. be a child who has no worry and just enjoy the music.
6. **let go** – try to forget about your worries and problems. leave it on god to sort them out for you while you are sleeping. doing this does not guarantee that god will help you. but you will definitely have a sound sleep and next day some creative idea might surface from your subconscious mind to solve your problem. trust on god helps in letting go.
7. **reading a spiritual book** – although doing any mental work before going to sleep is not recommended for deep sleep. but if you read a spiritual book before going to bed then the message of book will go more deep in your sleep. whatsoever you do just before going to sleep affects the quality of your sleep and will come in your sleep also. so be careful of what you do or read just before sleeping.
8. **remembering your guru or god** – you can connect with your spiritual master or god. you can listen the audio recording of your gurus message or just remember him reverentially.

Filed Under: [spirituality](#)